

SEMINAR 2

Neuroscience of Self-Management
Under Stressful Situations



**COMMANDER
OLIVER HOMSY**

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COURSE OVERVIEW

In a fast-paced, high-pressure world, effective self-management is a critical skill. This 20-hour online course combines neuroscience, psychology, and practical tools to help participants improve focus, emotional regulation, discipline, and resilience under stress. Participants will gain actionable, science-backed strategies to manage distractions, reduce procrastination, regulate stress in real time, and build sustainable routines for long-term performance in work and life.

COURSE STRUCTURE

- Total Duration: 20 hours
- Format: Online
- Schedule: Wednesdays & Fridays, 19:00 – 21:00
- Dates: 4, 6, 11, 13, 18, 20, 25 & 27 February | 4 & 6 March
- Language: English

CERTIFICATION

Participants who attend all sessions will receive a Certificate of Attendance issued by the American University of Cyprus (AUCY).

KEY LEARNING BENEFITS

By the end of the course, participants will be able to:

- Understand how the brain manages stress, focus, motivation, and emotional control
- Reduce procrastination and improve discipline using neuroscience-informed techniques
- Regulate stress and emotional reactivity through breathing and physiological tools
- Strengthen focus and attention in demanding, distraction-heavy environments
- Build sustainable habits and routines for long-term productivity and self-discipline
- Apply self-management strategies across work, leadership, studies, and personal life

INSTRUCTOR

Commander Oliver Homsy
Head of Education & Training Department

FEES & ORGANISATION

Fee: €300
Organising / Accrediting Body: American University of Cyprus (AUCY)

AMERICAN UNIVERSITY OF CYPRUS (AUCY)

Department of Continuing Education

KEY TOPICS COVERED

- Neuroscience of self-control, stress, and attention
- Willpower, habits, and motivation
- Attention management in a distracted world
- Energy, sleep, and nutrition for brain performance
- Emotional regulation under pressure
- Breathwork and nervous system regulation
- Journaling, cognitive reframing, and self-awareness
- Identity, leadership, and long-term discipline
- Personal Self-Management Blueprint

WHO SHOULD ATTEND

Ideal for:

- Working professionals, managers, and team leaders
- University students and young professionals
- Entrepreneurs and business owners
- Educators, coaches, and trainers
- Individuals seeking improved focus, emotional stability, and performance

